

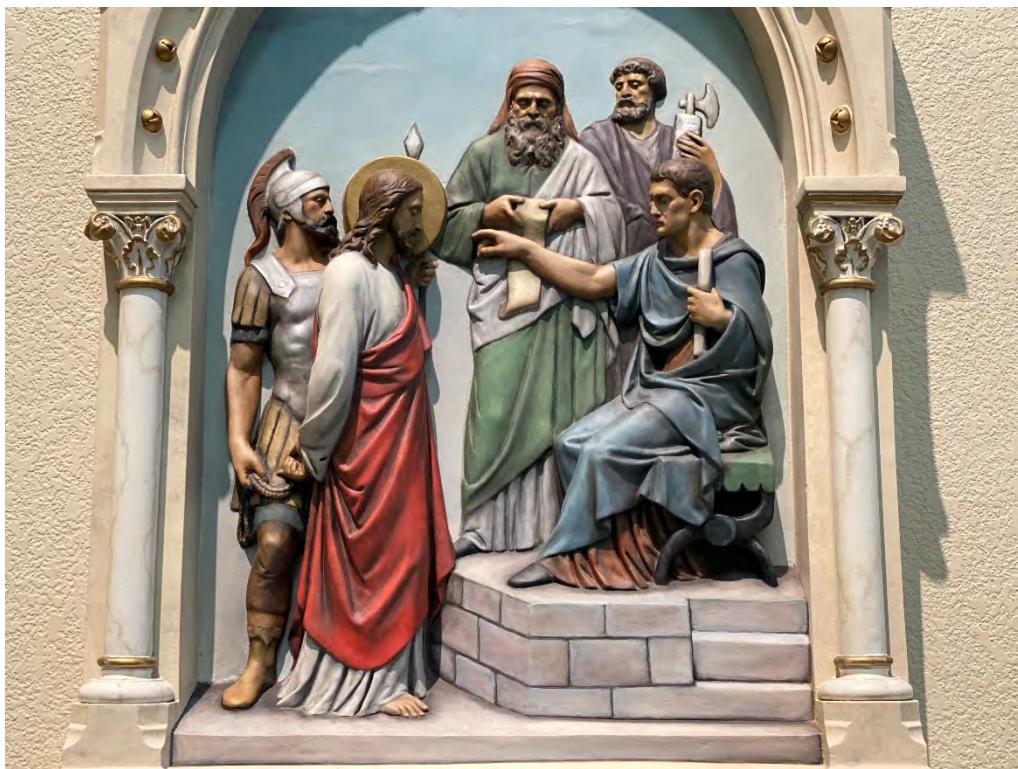
# STATIONS OF THE CROSS ACCORDING TO ST. ALPHONSUS LIGUORI

## Opening Prayer:

**Deacon:** God of power and mercy, in love you sent your Son that we might be cleansed of sin and live with you forever. Bless us as we gather to reflect on his suffering and death that we may learn from his example the way we should go. We ask this through that same Christ, our Lord.

**All:** Amen

## The First Station: Pilate condemns Jesus to die



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world. (*Rise*)

**Deacon:** Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (*Kneel*)

**People:** My adorable Jesus, / it was not Pilate; / no, it was my sins that condemned You to die. / I beseech You, by the merits of this sorrowful journey, / to assist my soul on its journey to eternity./ I love You, beloved Jesus; / I love You more than I love myself. / With all my heart I repent of ever having offended You. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Through her heart, His sorrow sharing All His bitter  
anguish bearing Now at length the sword has passed*

## The Second Station: Jesus accepts His cross



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed  
the world. (*Rise*)

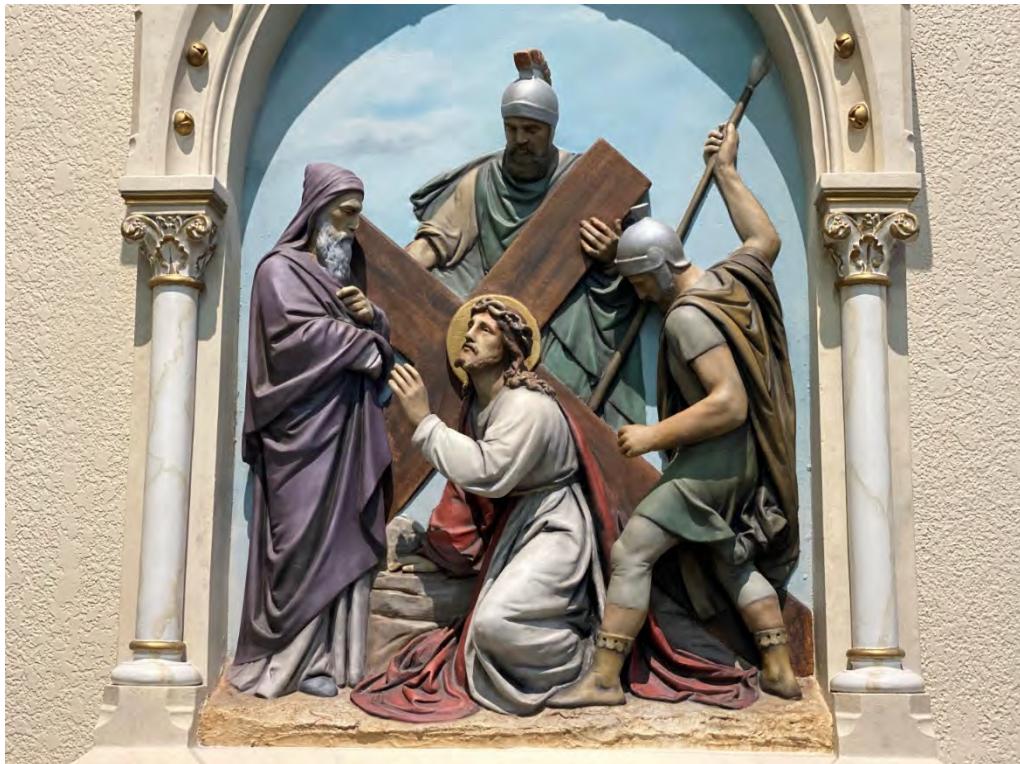
**Deacon:** Consider Jesus as He walked this road with the cross on  
His shoulders, thinking of us, and offering to  
His Father in our behalf, the death He was about to suffer. (*Kneel*)

**People:** My most beloved Jesus, / I embrace all the sufferings  
You have destined for me until death. / I beg You,  
by all You suffered in carrying Your cross, / to help me  
carry mine with Your perfect peace and  
resignation. / I love You, Jesus, my love; / I repent  
of ever having offended You. / Never let me separate  
myself from You again. / Grant that I may love  
You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*O, how sad and sore depressed Was that Mother highly  
blessed Of the sole Begotten One*

### The Third Station: Jesus falls the first time



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world.

*(Rise)*

**Deacon:** Consider the first fall of Jesus. Loss of blood from the scourging  
and crowning with thorns had so  
weakened Him that He could hardly walk; and yet He had to carry that  
great load upon His shoulders. As  
the soldiers struck Him cruelly, He fell several times under the heavy  
cross. (*Kneel*)

**People:** My beloved Jesus, / it was not the weight of the cross / but the

weight of my sins which made You  
suffer so much. / By the merits of this first fall, / save me from falling  
into mortal sin. / I love You, O my  
Jesus, with all my heart; / I am sorry that I have offended You. / May I  
never offend You again. / Grant  
that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Christ above in torment hangs She beneath beholds the pangs  
of her dying, glorious Son*

#### The Fourth Station: Jesus meets His afflicted Mother



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have  
redeemed the world. (*Rise*)

**Deacon:** Consider how the Son met his Mother on

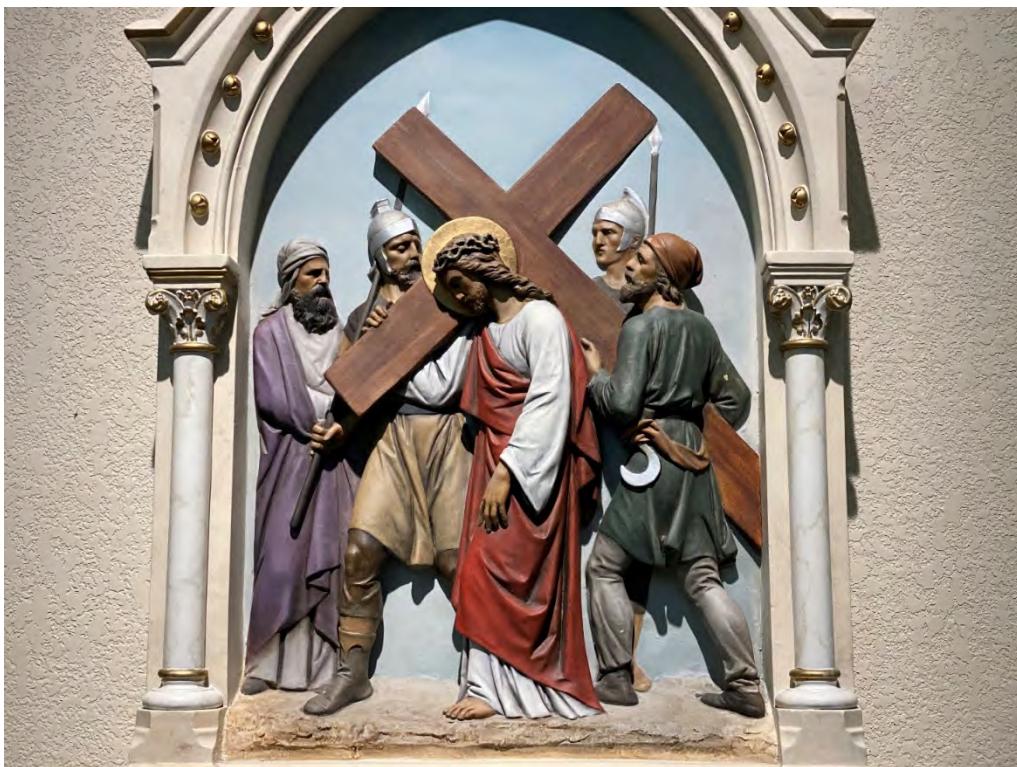
His way to Calvary. Jesus and Mary gazed at each other and  
their looks became as so many arrows to wound  
those hearts which loved each other so tenderly (*Kneel*)

**People:** My most loving Jesus, / by the pain You suffered  
in this meeting / grant me the grace of being truly  
devoted to Your most holy Mother. / And You, my Queen,  
who was over-whelmed with sorrow, / obtain  
for me by Your prayers / a tender and a lasting  
remembrance of the passion of Your divine Son. / I love  
You, Jesus, my Love, above all things. / I repent of ever  
having offended You. / Never allow me to offend  
You again. / Grant that I may love You always; and then  
do with me as You will.

Our Father, Hail Mary, Glory be

*Is there one who would not weep, 'whelmed in miseries so  
deep Christ's dear Mother to behold.*

## The Fifth Station: Simon helps carry the cross



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world. (*Rise*)

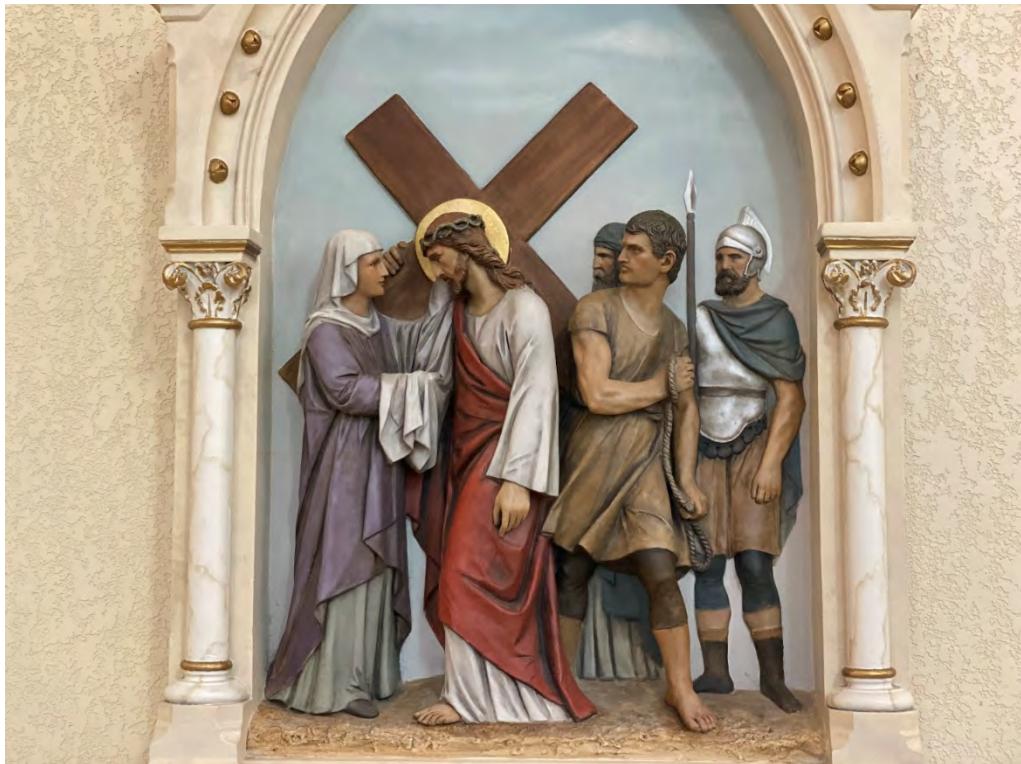
**Deacon:** Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after Our Lord. (*Kneel*)

**People:** My beloved Jesus / I will not refuse the cross as Simon did: / I accept it and embrace it. / I accept in particular the death that is destined for me / with all the pains that may accompany it. / I unite it to Your death / and I offer it to You. / You have died for love of me; / I will die for love of You and to please You. / Help me by Your grace. / I love You, Jesus, my Love; / I repent of ever having offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Can the human heart refrain From partaking in her pain In that  
Mother's pain untold?*

### The Sixth Station: Veronica offers her veil to Jesus



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world. (*Rise*)

**Deacon:** Consider the compassion of the holy woman, Veronica.

Seeing Jesus in such distress, His face bathed  
in sweat and blood, she presented Him with her veil. Jesus  
wiped His face, and left upon the cloth the  
image of his sacred countenance. (*Kneel*)

**People:** My beloved Jesus, / Your face was beautiful before  
You began this journey; / but, now, it no longer  
appears beautiful / and is disfigured with wounds and blood. /

Alas, my soul also was once beautiful /  
when it received Your grace in Baptism; / but I have since  
disfigured it with my sins. / You alone, my  
Redeemer, can restore it to its former beauty. / Do this by the merits  
of Your passion; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Bruised, derided, cursed, defiled*

*She beheld her tender Child*

*All with bloody scourges rent*

### The Seventh Station: Jesus falls the second time



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world. (*Rise*)

**Deacon:** Consider how the second fall of Jesus under His cross  
renews the pain in all the wounds of the head

and members of our afflicted Lord. (*Kneel*)

**People:** My most gentle Jesus, / how many times You have forgiven me; / and how many times I have fallen again and begun again to offend You! / By the merits of this second fall, / give me the grace to persevere in Your love until death. / Grant, that in all my temptations, I may always have recourse to You. / I love You, Jesus, my Love with all my heart; / I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*For the sins of His own nation Saw Him hang in desolation  
Till His spirit forth He sent.*

## The Eighth Station: Jesus speaks to the women



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world. (*Rise*)

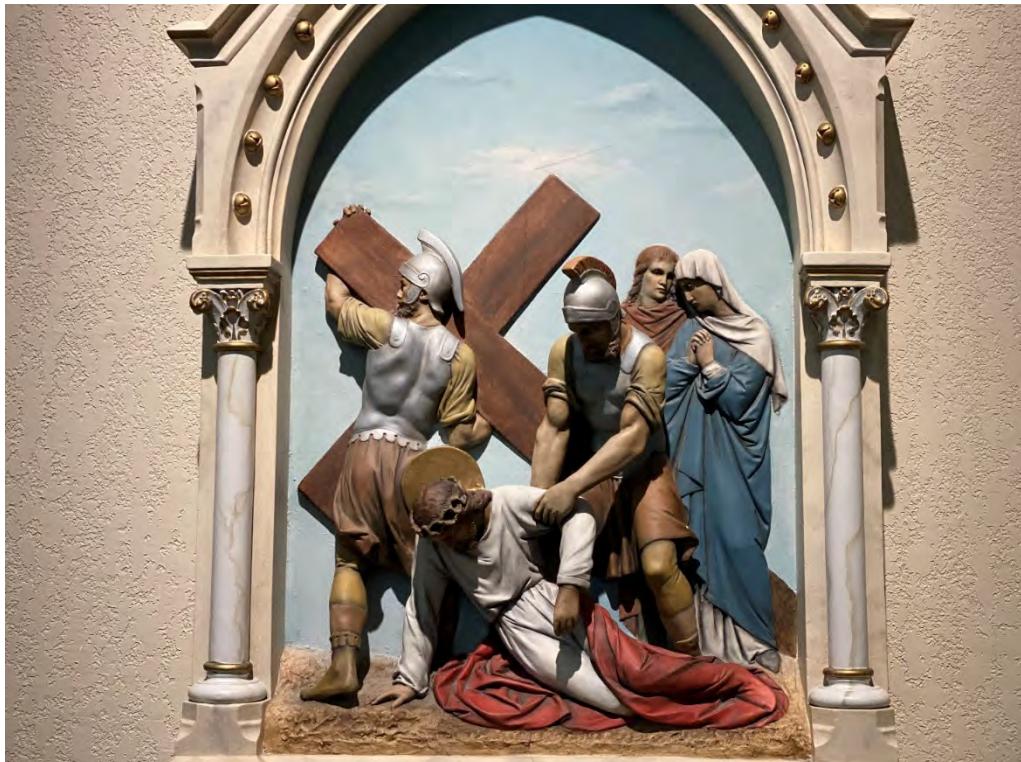
**Deacon:** Consider how the women wept with compassion seeing  
Jesus so distressed and dripping with blood as  
he walked along. Jesus said to them, “Weep not so much for me,  
but rather for Your children.” (*Kneel*)

**People:** My Jesus, laden with sorrows, / I weep for the sins  
which I have committed against You /because of  
the punishment I deserve for them; / and, still more, because of  
the displeasure they have caused You / who have loved me with an  
infinite love. / It is Your love, more than the fear of hell, / which makes me  
weep for my sins. / My Jesus, I love You more than myself; /  
I am sorry that I have offended You. / Never  
allow me to offend You again. / Grant that I may love You always;  
and then do with me as You will.

Our Father, Hail Mary, Glory be

*O sweet Mother! Fount of Love, Touch my spirit from  
above Make my heart with yours accord*

### The Ninth Station: Jesus Falls the Third Time



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world.

(*Rise*)

**Deacon:** Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move. (*Kneel*)

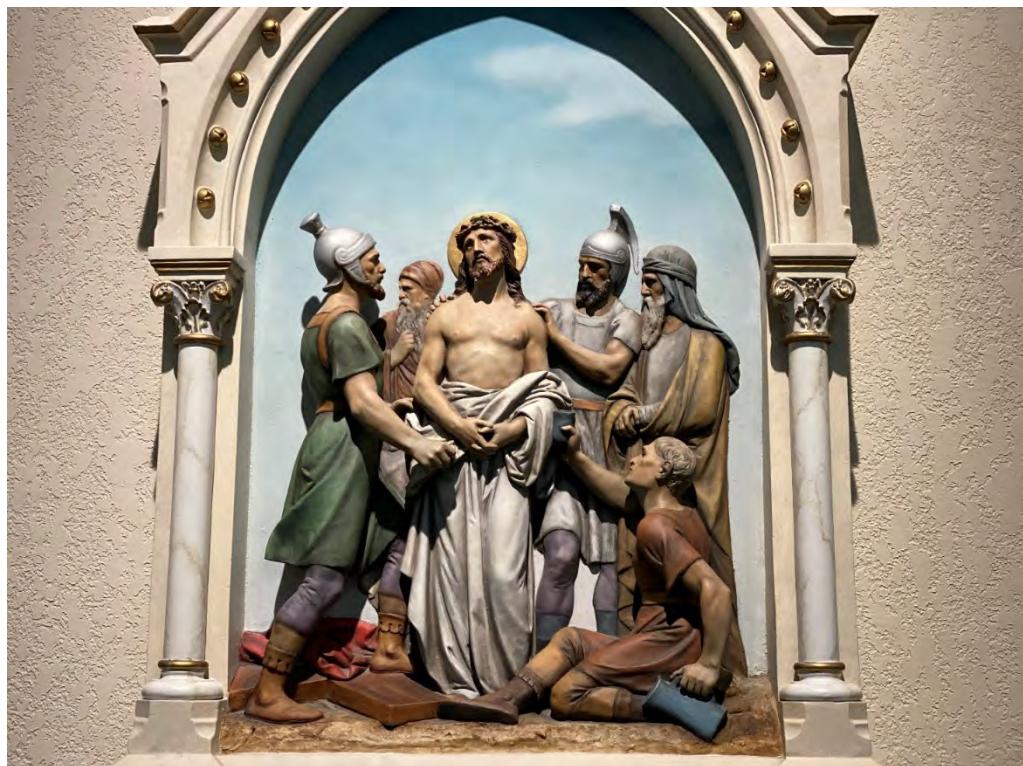
**People:** My outraged Jesus, / by the weakness You suffered in going to Calvary, / give me enough strength to overcome all human respect / and all my evil passions which have led me

to despise Your friendship. / I love You, Jesus my Love, with all my heart; / I am sorry for ever having offended You. / Never permit me to offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Make me feel as You have felt Make my soul to glow and melt  
With the love of Christ, my Lord.*

### The Tenth Station: Jesus is stripped of His garments



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world.

(*Rise*)

**Deacon:** Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to his lacerated flesh and the soldiers tore them off so roughly that the skin came with them. Have

pity for your Savior so cruelly treated and tell Him: (*Kneel*)

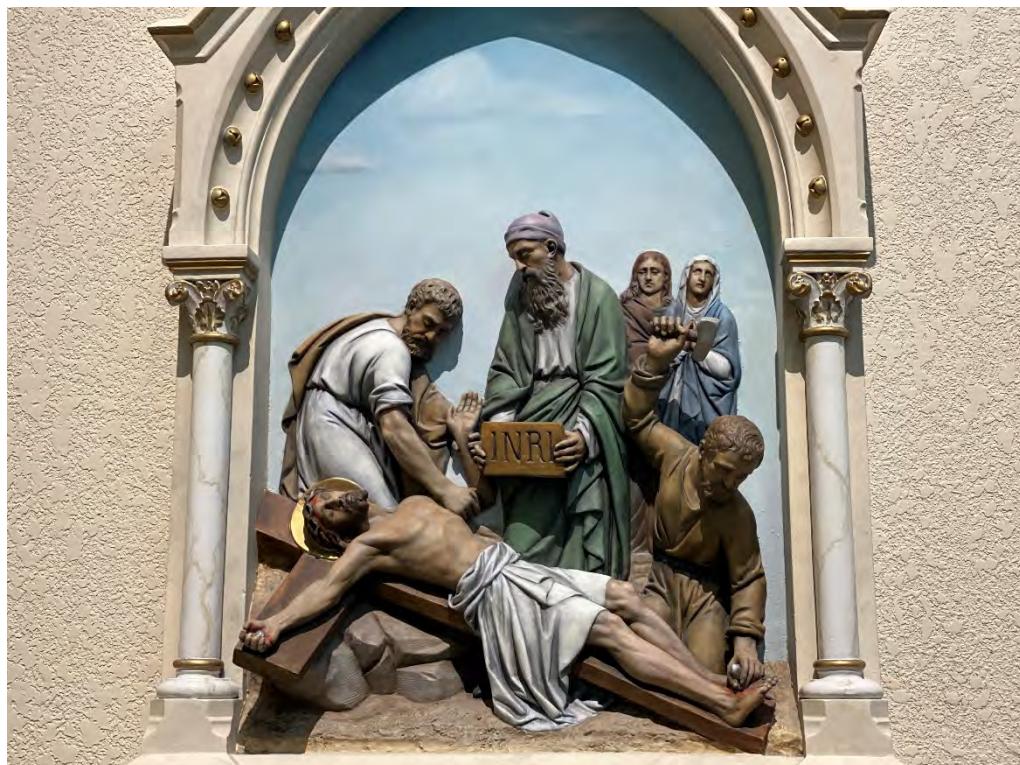
**People:** My innocent Jesus, / by the torment You suffered in being  
stripped of Your garments, / help me to strip  
myself of all attachment for the things of earth / that I may place all my  
love in You who are so worthy of  
my love. / I love You, O Jesus, with all my heart; / I am sorry for ever  
having offended You. / Never let  
me offend You again. / Grant that I may love You always; and then do  
with me as You will.

Our Father, Hail Mary, Glory be

*Holy Mother, pierce me through In my heart each wound renew*

*Of my Savior crucified*

### The Eleventh Station: Jesus is nailed to the cross



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world. (*Rise*)

**Deacon:** Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish. (*Kneel*)

**People:** My despised Jesus, / nail my heart to the cross / that it may always remain there to love You and never leave You again. / I love You more than myself; / I am sorry for ever having offended You. / Never permit me to offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Let me share with you His pain, Who for all our sins was slain, Who for me in torments died.*

## The Twelfth Station: Jesus dies upon the cross



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world.

(*Rise*)

**Deacon:** Consider how Your Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies. (*Kneel*)

**People:** My dying Jesus, / I devoutly kiss the cross on which You would die for love of me. / I deserve, because of my sins, to die a terrible death; / but Your death is my hope. / By the merits of Your death, / give me the grace to die embracing Your feet and burning with love of You. / I yield my soul into Your hands. / I love You with my whole heart. / I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Let me mingle tears with thee Mourning Him who mourned for me,  
All the days that I may live.*

## The Thirteenth Station: Jesus is taken down from the cross



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world.

(*Rise*)

**Deacon:** Consider how, after Our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom (*Kneel*)

**People:** O Mother of Sorrows, / for the love of Your Son, / accept me as Your servant and pray to Him for me, / And You, my Redeemer, since you have died for me, / allow me to love You, / for I desire only You and

nothing more. / I love You, Jesus my Love, / and I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*By the cross with you to stay There with you to weep and pray Is all I ask of you to give.*

### The Fourteenth Station: Jesus is placed in the sepulcher



**Deacon:** We adore You, O Christ, and we praise You. (*Genuflect*)

**People:** Because, by Your holy cross, You have redeemed the world.  
(*Rise*)

**Deacon:** Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed.

(*Kneel*)

**People:** Oh, my buried Jesus, / I kiss the stone that closes You in. / But You gloriously did rise again on the third day. / I beg You by Your resurrection that I may be raised gloriously on the last day, / to be united with You in heaven, to praise You and love You forever. / I love You, Jesus, and I repent of ever having offended You. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Virgin of all virgins blest! Listen to my fond request: Let me share your grief divine.*

**Deacon:** Lord Jesus Christ, your passion and death is the sacrifice that unites earth and heaven and reconciles all people to you. May we who have faithfully reflected on these mysteries follow in your steps and so come to share your glory in heaven where you live and reign with the Father and the Holy Spirit one God, for ever and ever.

**All:** Amen

**Priest/Deacon:** And may the blessing of almighty God, the Father, and the Son, **+**, and the Holy Spirit, come down on you and remain with you for ever.

**All:** Amen

